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Inaugural LANPAC a 'huge success,' says Wiercinski

Army leaders discuss land forces, security issues in the Pacific

U.S. ARMY-PACIFIC PUBLIC AFFAIRS News Release

WAIKIKI — U.S. Army-Pacific participated in the inaugural Land Power in the Pacific (LANPAC) Symposium and Exposition, held at the Sheraton Waikiki Hotel, here, April 9-11.

The theme for the event was "Land Forces: Assuring Stability and Security in the Pacific."

The LANPAC symposium was an international event that brought together more than 600 attendees, with representatives from 17 countries emphasizing the importance of land forces in the Asia-Pacific region.

Key leaders from the U.S. Pacific Command (USPACOM) and the Association of the U.S. Army's (AUSA) Institute of Land Warfare teamed with USARPAC to make the event a huge success.

Retired Gen. Gordon Sullivan, the 32nd Chief of Staff of the Army and current AUSA president, gave the opening remarks and was followed by Lt. Gen. Francis Wiercinski, commander, USARPAC, who opened with "The Army in the Pacific" presentation.

"The Pacific Ocean does not separate the United States from Asia; it connects us," Wiercinski said. "We are intrinsically linked by our economies,



Lt. Gen. Francis Wiercinski (front), commander, USARPAC, speaks with Glenn Cober (back), from the AP-CIED Center, at a display during the LANPAC Symposium and Exposition, April 11. (Photo by Russell Dodson, U.S. Army-Pacific Public Affairs)

our cultures, by our shared interests and by our shared security challenges.

"Our strategy is long-term, committed and resourced," he continued. "Together, we are going to continue to build a mantle of success in peace and stability across this critical part of the world."

According to Wiercinski, implementing and sustaining strategic rebalance will require long-term, sustained commitment and resources.

Commitment to our partners and allies will remain rock-solid, and together, we will build the mantle of success, he said.

During the three-day symposium, panels and guest speakers covered a wide range of topics, from "Operation Tomodachi" to "Integrated Air and Missile Defense."

"They had some very productive presentations and some thought-provoking panel presentations afterward," said Lt. Col. Duncan Roy, military attaché, New Zealand army.

"I really enjoyed the subject matter experts bringing different perspectives on challenges in the region," Roy added.

Maj. Michael Wood, U.S. Army Tank and Automotive Command (TACOM), Life Cycle Management Command (LCMC) liaison officer, Canadian army, echoed that sentiment.

"Part of my job is mostly relating to equipment, so I came to see that (panel discussion)," Wood said.

"But," he added, "as a land maintenance officer, I'm also interested in the logistics, support and sustainment portions of that."

The conference also included 29 exhibits manned by industry and military representatives, to include USARPAC, 25th Infantry Division, 8th Theater Sustainment Command, 9th Mission Support Command, 311th Signal Command (Theater), Asia-Pacific Counter-Improvised Explosive Device Center and USARPAC's Contingency Command Post.

Wiercinski said that the AUSA team did an outstanding job putting the symposium together, and the participation from USPACOM and joint allied partners, USARPAC team, academia and industry was tremendous.

"This (event) was the brainchild of Gen. Sullivan," Wiercinski said. "This week has been a resounding success. Thank you for saying you will be back next year."



The exercise was designed to foster communication, adaptability and camaraderie among the commanders and career course captains within the battalions in the brigade.

Warrior X-3 builds cohesion among 2nd SBCT command

Story and photos by

SGT. DANIEL JOHNSON

2nd Stryker Brigade Combat Team Public Affairs,
25th Infantry Division

SCHOFIELD BARRACKS — Commanders and soon-to-be-commanders of the 2nd Stryker Brigade Combat Team, 25th Infantry Division, participated in the Warrior X-3 challenge, held here, April 3-4, in an effort to develop more adaptable leaders within the Warrior team.

The exercise focused on adaptability in leaders and building unit cohesion by fostering relationships between commanders of various battalions within the brigade.

"This exercise definitely helps develop the relationships that are necessary to be an effective commander," said Capt. Andrew Gardner, commander, Headquarters and Headquarters Company, 2nd SBCT. "Resources aren't always available, but another unit might be able to make those assets available to us."

"It allowed the commanders of these units to interact in a way they don't often have the opportu-

nity to do," added Sgt. 1st Class Thomas Zeisser, an operations sergeant with 2nd SBCT, and one of the event organizers.

"They typically interact with other commanders in their battalion. Here, the teams are designed to get them working with other commanders," Zeisser continued.

The events of the exercise were based on proven training methods from both Special Forces and Ranger training systems, and were employed in a way designed to foster camaraderie.

"A lot of the ideas that went into this exercise came from my time in the Asymmetric Warfare Group's Adaptive Leader Program and my time in the Special Forces Assessment and Selection (SFAS), as well as my colleague's Ranger experience," said Zeisser.

Warrior X-3 is composed of multiple events, such as a standard Leader Reaction Course, Stryker PMCS, modified live-fire qualification course, as well as others, including the "apparatus," accord-

See WARRIOR, A-3

Engineers repair K-Bay roads

Story and photo by

1ST LT. BRETT CARTER

84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command

MARINE CORPS BASE HAWAII, Kaneohe Bay — Soldiers of the 561st Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, not only help out around the community and in foreign nations; they also help other military services.

The 561st Engineers spent the last two months helping the Kaneohe Marine Corps Range Facility with much-needed horizontal construction work, here.

Heavy rains on Oahu's windward side regularly wash away much of the base, and the runoff collection had caused a lot of damage to the facilities' roads and ranges.

Soldiers of 2nd Platoon, 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde., rebuilt a portion of these roads and drainage systems that had been washed away.

To accomplish this mission, the platoon planned and prepared for three months. And though the work site was beautiful, situated among some of the most picturesque parts of the island, it did not come without risk and the unmistakable characteristic of work.

Overall, it took 45 days of sweat and hard work to complete about a half-mile portion of gravel road, to include more than 400 yards of drainage V-ditch, 800 blocks of low water crossings, and more than 600

yards of drainage ditch and ditch liner. From the start, the project served to be a

memorable and unique experience for many of the Soldiers involved.

"Unlike previous missions, this one was unique because it milled us out of the Army.

"Unlike previous missions, this one was unique because it pulled us out of the Army routine and gave us a real construction mission that would be used for years to come," said Staff Sgt. Carl Price, senior squad leader, 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde.

"It was also the first time we messed with some of the new construction materials while on this mission," Price added.

The project also was significant because it enhanced the operational and training environment of the Marine Corps Range Facility, which is not only a Marine Corps facility, but a place where all military and government services on the island train.

"This mission was nicely laid out," noted Spc. Daniel Martin, heavy equipment operator for the 561st.

"Also," Martin continued, "everyone got a chance to try out the equipment. It was a change for once that some of our lower enlisted got chances to take leadership roles on the project."

After the project's completion, the Marine Range Maintenance Office rewarded Soldiers with a framed plaque.

The relationship developed with the Marines has already led to mutual assistance with many training aspects and will hopefully lead to many more.



Sgt. Greg Painter (center), crew leader, 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, and crew install a 40-foot culvert at the outlet of a small pond at MCBH, Kaneohe Bay.

Award | A-3

25th CAB flight medic wins AAAA NCO of the Year title.

R.A.D. | A-4

Female Soldiers learn how to fend off sexual assault attacks.



Recycle | B-1

IPC announces a new and improved recycling initiative for residents.

JROTC | B-3

311th SC(T), governor honor state's top cadets.





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Surface Brigade Donna Klapakis, 656-6420 3rd BCT remembers the Holocaust, victims Ceremony ensures Soldiers never forget

Story and photo by 1ST LT. ZACHARY KOHL 3rd Brigade Combat Team Public Affairs,

horrors of World War II

SCHOFIELD BARRACKS — The 442nd Regimental Combat Team Soldiers from Hawaii approached the train cars in Dachau, Germany, April 29, 1945.

25th Infantry Division

They saw months of combat during World War II, but nothing had prepared them for what they found inside the cars — their first look at the human tragedy of Hitler's murder of 6 million Jews. The 3rd Brigade Combat Team, 25th

Infantry Division, hosted a Holocaust Remembrance Ceremony at Sgt. Smith Theater, here, April 11, to ensure the memory of the Holocaust is never "I wanted (Soldiers) to remember

what happened in World War II with the Holocaust, and I wanted them to realize that guys just like them, Soldiers their same age, stepped up and did the right

thing and liberated these camps against tremendous odds," said Lt. Col. George Hammer, commander, 3rd Battalion, 7th Field Artillery, 3rd BCT, which spearheaded the event.



Maj. Randall Wahlberg, 3301st Mobilization Support Battalion, studies an exhibit at the Holocaust Remembrance Ceremony, held by 3rd BCT, 25th ID, at the Sgt. Smith Theater, April 11.

Seymour Kazimirski, the son of a Jew-how his family was affected by the Holoish mother who survived the concen-

"Everybody was killed," said Kazimirstration camps, served as the ceremony's guest speaker and opened his speech ki of his extended family.

Only his mother survived.

He spent a good portion of his remarks discussing the importance of U.S. Army personnel rescuing the Jews from Nazi Germany by specifically highlighting the history of the 442nd Combat Team, the famous "Go for Broke" Soldiers from Hawaii, who also helped liberate the camps.

The complete cruelty practiced by the Nazis is hard to fathom, but the story is also a testament to why it is so important to be an American Soldier.

Maj. Dick Winters, 101st Airborne Division, realized the motivation for why he fought in World War II when his unit liberated a Nazi prison camp, explained "Dick Winters was fighting to stop

evil, and that is what we do now," Ham-Pvt. Trevor Daily, Battery A, 3-7th FA,

3rd BCT, said he left the event moved and inspired.

"It would make an impression on anyone," Daily said.

BACKTOBASICS

NCOs should face change proactively

715th Military Intelligence Battalion, 500th MI Brigade

We all agree that the OPTEMPO (Operational Tempo) of the Army has changed and continues to change, from

that of combating terrorism and engaging in war over several theaters, to that of a garrisontype environment.

Change to the environment should not change how

we conduct day-to-day business, but it is proven that sometimes things become less focused.

Peyatt

This fact goes for the Soldier working in the motor pool, to the Soldier who works in finance, to the noncommissioned officer training his squad in the field. It is during times of change that we, as leaders, need to refocus our priorities and shuffle those basic tasks that have been put aside due to combat operations.

I am a firm believer in being PROactive versus REactive!

Getting back to learning and developing customs and courtesies, conducting drills and ceremonies, and holding counseling sessions and military discipline are some of the basics that need re-emphasizing.

Our unit conducts its wartime mission during peace and war, resulting in our operations maintaining a 24/7 schedule, regardless of the environment or theater. This diverse environment, with multiple real-world mission shifts at several duty locations. presents a challenge. However, this does not offer an excuse to ensuring our basics are always discussed and practiced.

The standard tactics, techniques and procedures (TTP) of our battalion is to work with our joint-service partners to cover down on our mission twice a month in order for us to bring our Soldiers together to conduct Army training. During these occasions, our training ranges from marksmanship and warrior tasks to professional development and induction ceremonies.

We continue to drive operations in a joint-service atmosphere, thus relying on "back to basics" constantly.

Hawaii is the first duty assignment for 85 percent of our Soldiers, which is really concerning to me. I say this due to the fact that the joint-service environment is what many young Soldiers initially believe to be true of the

While our Soldiers work side-by-side with other armed forces members and civilians, they are still in the Army. We identified this situation as an issue, and that it was up to our NCOs and leaders to groom, develop and counsel our Soldiers, so they maintain discipline while instilling pride in their service.

We develop our Soldier by challenging them to incorporate military history as part of their "hip pocket" training. We charge junior Soldiers to manage an NCO induction ceremony or a dining in. We teach Soldiers the customs and courtesies that may not have been the norm downrange, such as where to position themselves when walking with a senior.

We conduct uniform inspections on all uniforms, and we conduct a battalion-level Warrior Development Course that teaches some of the basic fundamentals of leadership prior to Warrior Leader Course attendance. And we brought back unit cohesion events, such as battalion runs and Best Warrior competitions.

If our NCOs are teaching, coaching and counseling our Soldiers on Army basics, then our Soldiers will continue to be PROactive when it comes time for them to maintain discipline in their work environments.

If we are PROactive in training and counseling our Soldiers, then we will not have to become REactive when it comes time for instilling or enforcing discipline.

The more PROactive counseling is on performance and the importance of succeeding beyond the standards, the more junior Soldiers will excel in every task.

As our OPTEMPO continues to change with the global environment, our Army will continue to grow professionally while maintaining the Army basics that help mold and keep the foundations of this great force for freedom.

But it all starts with every level of leadership refining and re-emphasizing B2B (back to basics)!

FINTSTEPS in FAITH

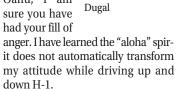
Everybody gets angry

CHAPLAIN (COL.) MIKE DUGAL U.S. Army-Pacific

Anger is an emotion that all of us experience, some more than others. The issue is

about when we get angry, but how do we respond when we get

If you commute around Oahu, I am sure you have had your fill of



The issue is not about when we get angry, but how do we respond when we get angry.

How do you respond to anger-producing situations? Calmly? Or, like many people, with yelling, cursing, hitting something, flying off the handle or with an inappropriate hand

None of these expressions of anger help our soul. In fact, they probably pull the very gifts of joy, peace, love and patience right out of our souls.

So, how can we respond to angry situations in a better way?

First, we have to recognize anger for what it is. As mentioned before. anger is an emotional response to an automatic, split-second judgment we have made about a present situation. Yes, anger is really our initial emo-

tional response to injustice, unfairness, inequality, bigotry, racism or believing that we have been personally and intentionally wronged.

But anger is a part of life. If we deny this fact, then we will be angry with Second, we need to care about our-

selves and others to the point that we are willing to develop strategies to calm down and ultimately redirect our anger. Yelling, "God, I need patience right

now!" is a strategy, but it really does not affect our angry emotions.

I love the scene from "Seinfeld" when George's dad, Frank Costanzia, yells, "Serenity now! Serenity now!"

He went through the practice of centering, but there were no personal benefits. We must develop helpful strategies as we attempt to control our anger.

Third, we need to know that our creator God provides us with healthy strategies to grace our soul, and others when we are tempted, to express our anger in ways that are not harm-

ful and hurtful.

If our soul is filled with distrust, hatred, cynicism and greed, then when confronted with anger, our words will be violent and vulgar; however, I can only express a better response when my heart is filled with the love and forgiveness of God.

As I receive God's grace through his promises, then I can, in turn, respond to others in a grace-filled manner. Such grace enables us to look for the good, rather than focus on what is annoving or difficult.

Our master resilient trainers teach our Soldiers to "hunt the good stuff" as a means to counter the negative bias and to create positive emotion. We cannot do this on our own. We must believe that God is for us and with us to assist us to control our

Remember, "Hot tempers start fights; a calm, cool spirit keeps the

We want to hear from you!

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Send submissions to editor@hawaiiarmy weekly.com and visit www.hawaiiarmy weekly.com for more information regarding our editorial policy.



Earth Day is April 22.

"What steps do you take to lead a 'greener' lifestyle?" Photos by 599th Transportation Surface Brigade Public Affairs



drive an ultralow-emissions

"I recycle and

Capt. Paul Conrad Commander, HHD. 599th TSB



"I recycle; my children have me doing it to try to save the earth. I also try to find biodegradable bottles."

Staff Sgt. **Tiffany Dixon** Terminals NCO, 599th TSB



'I recycle, and I just started using some of my own bags at the commissary."

Sgt. 1st Class LoNika Harris Transportation specialist, 599th TSB



"I definitely recycle. We also have a highefficiency washer and use our own (grocery) bags."

Daniel Martinez Deputy director of operations 599th TSB



recycling program here at the 599th. I also recycle waste from the yard and recycle books by passing them on to someone else to Charity

"I started the

Wampler IT specialist, 599th TSB

Sequester preparations await official announcement

Notification letters may be delivered on or about May 16, per latest news

ROBERT DOZIER

U.S. Army Installation Management Command

SAN ANTONIO — Employees will have to wait a bit longer to find out the details of their furlough, including the exact number of non-pay status days, as officials attempt to minimize the impact on mission and personnel.

The extensive planning and deliberations for the release of Notice of Proposed Furlough Letters to Army civilians have been stalled between Congressional action and White House budget

The reason for the delay is complex. The Pentagon put off sending out notices, March 21, to give officials time to review the Consolidated and Further Continuing Appropriations Act of

This continuing resolution put \$10 billion back in the budget, restored tuition assistance for military members and gave the services some flexibility in the application of the furloughs.

After a detailed review, the Defense Department revised the number of non-pay status days from 22 to 14 and delayed the start of furloughs until mid- to late June. Around 750,000 civilians had been facing a 20 percent reduction in pay for the remaining weeks of fiscal year 2013.

Congressional approval of the defense appropriations bill late in March reduced the shortfall in the budget from \$46 to \$41 billion, taking some of the pressure off sequestration. Overseas operations, however, are still the highest priority.

Defense Secretary Chuck Hagel directed Deputy Defense Secretary Ashton Carter and Army Gen. Martin Dempsey, chairman of the Joint Chiefs of Staff, to conduct an intensive department-wide review of how to protect the nation with fewer resources.

How budget cuts will affect readiness and the department's overall mission is of the utmost concern, according to Hagel.

"We will have to trade at some level and to some degree our future readiness for current operations," he said.

Hagel announced, April 2, that he will voluntarily commit to a partial forfeiture of his pay during the furlough period, even though he is exempt as a political appointee. This gesture

prompted other leaders, including the president, to make similar gestures of solidarity.

The White House released its 2014 budget proposal, including a \$526.6 billion defense base budget request, April 10. This budget adds more variables to the process.

Besides repealing the sequestration, President Obama's proposal addresses taxes and entitlement spending and calls for a new round of base realignment and closure.

Meanwhile, officials across the Army await the exact details and wording of the furlough communication.

The Department of the Army has requested an internal review to gauge the impact of both a seven-day furlough and no furlough; however, there is no decision to reduce the number of days below 14.

To accomplish a full 14-day non-pay status furlough, employees of the U.S. Army Installation Management Command are expected to receive their notification letters starting on or about May

Approximately 27,000 IMCOM employees will be notified directly by their supervisors, under specific guidance from Thomas Lamont, assistant secretary of the Army for Manpower and Re-

Once employees are notified, they will be required to acknowledge in writing their receipt of notification. Then, they will have seven days to exercise their right to reply. Employees may appeal orally, in writing or both to the designated reply official.

Lt. Gen. Mike Ferriter, commander, IMCOM, has announced if furloughs occur, the headquarters will move to a four-day workweek. Each garrison commander will make scheduling decisions locally in coordination with the senior com-

Employees on garrisons under collective bargaining agreements should consult directly with their union officials for any updates.

Once final furlough decision notices are sent, employees may appeal their agency's decision to the Merit System Protection Board within 30 days from the effective date of the furlough.

Online Resources

For more information on how sequestration and furloughs affect the IMCOM workforce, go to www.imcom.army.mil/Organ ization/G1Personnel.aspx.

Flight medic is NCO of 2012

Story and photo by SGT. DANIEL SCHROEDER

25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

WHEELER ARMY AIRFIELD — Sgt. 1st Class Armando Ocon, a flight medic from Company C, 3rd Battalion, 25th Aviation Regiment, 25th Combat Avn. Brigade, 25th Infantry Division, received the Army Aviation Association of America (AAAA) Rodney J.T. Yano Noncommissioned Officer of the Year award at the 2013 AAAA Annual Professional Forum in Fort Worth, Texas, April 11.

"I was shocked when I found out I was chosen to receive the award," said Ocon.

During 2012, Ocon served as a senior flight medic, company standardization instructor and platoon sergeant for "Lightning DUSTOFF" in Kandahar province,

On more than one occasion, Ocon selflessly risked his own safety to save troops on the

The first occasion was May 8, 2012, when Ocon's aircraft maneuvered to evacuate an Afghan interpreter who was suffering from an improvised explosive device blast. Upon arrival, Ocon exited the aircraft and ran approximately 200 meters through an uncleared minefield to save his patient.

Ocon proved his bravery again May 30, 2012, when his crew arrived to evacuate Soldiers under enemy fire. Ocon jumped out of the aircraft and ran to assist with loading the wounded Soldiers.

After taking off safely with all patients, Ocon began administering care to the patients, which included a military police dog handler. The working dog reacted to the thought of someone hurting his handler and bit Ocon on his upper right arm. Ocon managed to force the dog off and restrain him, so he could continue to administer care.

"We have a demanding but rewarding job," Ocon said. "You do not do this job for medals; you do this job because you want to. You feel so humble about your job when someone you model for us all."

saved comes up and thanks you."

While still performing his duties as a flight medic, Ocon served as the platoon sergeant of the 4th Forward Support MEDEVAC Platoon and was responsible for maintaining and caring for three UH-60 Black Hawk MEDEVAC helicopters, 20 Soldiers and more than \$18 million of mission-essential equipment.

'Sgt. 1st Class Ocon embodies the NCO Creed," said Capt. Margaret Larson, executive officer, C/3-25th Avn. "He is always will-



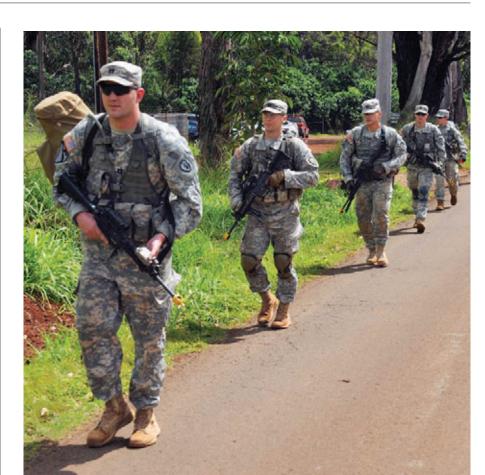
Sgt. 1st Class Armando Ocon, flight medic, C/3-25th Avn., 25th CAB, 25th ID, is the recipient of the 2012 AAAA Rodney J.T. Yano NCO of the Year

ing to mentor Soldiers and leaders. He does the same tasks he asks of his Soldiers."

In addition, Ocon was chosen to be the company's standardization instructor. His previous combat experience and medical knowledge aided in training all non-rated crew members in the company.

"All his Soldiers appreciate all he has done for us this last year and a half," said Staff Sgt. Jose Pantoja, flight medic, C/3-25th Avn. "He serves as an out-

standing



Commanders from 2nd SBCT, 25th ID, travel via foot march to a live-fire modified qualification range as part of Warrior X-3, April 3.

Warrior: Exercise stresses teamwork

CONTINUED FROM A-1

ing to Zeisser.

"The 'apparatus' is an event pulled from SFAS and consists of moving a lot of equipment over a set distance using what they have available," Zeisser explained.

Exercises like this help keep leaders prepared for future combat operations in the Pacific, as well as contingency and emergency relief effirst sergeants in the coming months.

forts, should they arise, by ensuring they have the skills needed to adapt.

Because of the long movements between events, we had a good amount of time to get to know each other," said Gardner. "It was a lot of fun, but it also brought back some of those skills we're expected to use and teach to our junior leaders — but it definitely wasn't easy.

A similar exercise is planned for 2nd SBCT

25th CAB

• Read about the brigade's award at www.hawaiiarmyweekly.com.

A-4 | APRIL 19, 2013 HAWAII ARMY WEEKLY

R.A.D. training helps women fight back against assault

Story and photo by

SGT. DANIEL JOHNSON

2nd Stryker Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS — Female Soldiers in the 2nd Stryker Brigade Combat Team, 25th Infantry Division, are more prepared to deal with possible sexual assault attempts thanks to Rape Aggression Defense (R.A.D.) training implemented in the brigade during Sexual Assault Awareness Month, here, April 10.

R.A.D. Systems is a program designed specifically to help females deal with potential attackers or compromising situations by incorporating their physical build and mentality into the

"The R.A.D. System was something that was implemented when I was an instructor at the (Modern Army) Combatives Academy at Fort Lewis, Wash.," said Sgt. 1st Class Robert Lugo, a platoon sergeant with the 225th Bde. Support Battalion and certified R.A.D. instructor.

"We helped to stand up the academy and sought out ways to help with sexual assault issues," Lugo continued. "We reached out to R.A.D., and they sent out a team of instructors to certify everyone as R.A.D. instructors."

The course, here, covered both situational awareness as a preventative measure and physical defense methods to combat unavoidable

"The situational awareness they are taught in the first three hours is the most important how to recognize a dangerous situation and avoid

it," said Lugo. "Preventing an issue is better than having to fight."

"It's important because we work primarily with males, and you have to stay on your guard



Sgt. Monik Phan (right), HHD, 2nd Sqdn., 14th Cav. Regt., 2nd SBCT, 25th ID, fends off her attacker, Spc. Joy White, 556th Sig. Co., 2nd Bn., 11th FAR, 2nd SBCT, 25th ID, using techniques learned during the R.A.D. training course.

around people you don't know," added Sgt. Monik Phan, a chemical specialist with Headquarters and Headquarters Detachment, 2nd Squadron, 14th Cavalry Regiment, 2nd SBCT. "I feel confident in my ability to say no now."

After the classroom portion, participants move on to the six-hour physical training portion.

In the last three hours, situational exercises are introduced with a male attacker to make the training realistic.

"The last three hours are optional," said Lugo. "It is optional because some people are not comfortable in that situation, because of past experi-

"I really like the course," said Spc. Joy White, a radio operator with the 556th Signal Company, 2nd Bn., 11th Field Artillery Regt., 2nd SBCT. "I feel like every female should be required to take it, especially since there aren't a lot of females in the military."

According to Lugo, most sexual assaults happen quickly, leaving the victim "paralyzed by fear," with little time to react.

"This class helps them to realize that it's OK to fight," Lugo said. "We teach them that it is OK to

fight back and be dependent on themselves."

"I never knew how to fight," said Phan. "In the beginning, we were shouting 'no' during each move, and it seemed a little crazy. But now, we scream it, and it makes a real difference. It's empowering.'

"The most important thing I've gotten out of this course is to not be afraid to hurt someone if they're attacking me," added White. "I used to be afraid of hurting someone, but not anymore."

While the R.A.D. course helps females pre-

pare for such scenarios, the training can only do so much; the tools and confidence participants gain are most important. "You can't certify someone to prevent rape," Lugo said. "We give them options that are viable

thing else." "The most important thing I've gained is confidence," said Phan. "When I go out with my friends, I know I can take care of myself and show

when you are attacked: escape, fight or some-

my friends how to do the same." "It has been a lot of fun," said White. "But now, I feel safer and more confidant going out as a female."



Send announcements for Soldiers and civilian employees to community@ hawaiiarmyweekly.com.

Today

Garrison Hours of Operation — U.S. Army Garrison-Hawaii will be celebrating its Organization Day, April 19, at the Outdoor Recreation Center, Bldg. 2110, Schofield Bar-

Abbreviated hours of operation for garrison offices and facilities have been approved, so garrison staff may participate in Organization Day activ-

Call the office, service or program before visiting to confirm if it is open.

Bragg Street Road Closure — Portions of Bragg Street, between Williston and Ayres avenues, will be fully closed, 24/7, through April 19, for road reconstruction. Access will be allowed for local traffic

Project schedule is subject

to change, pending weather delays. Call 656-2532.

Visit www.garrison.hawaii. army.mil/info/trafficcalendar. htm for the latest Traffic Alerts.

20 / Saturday

Scheduled Power Outage There will be a power outage for certain areas on Schofield Barracks in preparation for continued construction of the new Warriors in Transition Barracks. Affected areas are as follows:

- •9000 Block;
- Hamilton Housing area;
- •The bachelor officer quar-

See NEWS BRIEFS, A-5



SARPAC medic attends Advanced Leaders Course

MASTER SGT. RODNEY JACKSON

18th Medical Command (Deployment Support) **Public Affairs**

PASIR LABA CAMP, Singapore — Master Sgt. James Musnicki, a combat medic assigned to the lead medical theater enabling command for 18th Medical Command (Deployment Support), U.S. Army-Pacific, attended the Singapore Armed Forces Joint Advanced Leaders Course, here, March 11-28.

The course is equivalent to the U.S. Army's noncommissioned officers Senior Leaders Course, the keystone for NCO development.

"I am extremely grateful that Command Sgt. Maj. (Frank) Leota (USARPAC senior enlisted leader) has initiated this program and has selected an 18th Medical Command (Deployment Support) Soldier to be the first to represent US-ARPAC at the Singapore Armed Forces Joint Advanced Leaders Course," said Command Sgt. Maj. Garfield Skyers, senior enlisted leader, 18th MEDCOM (DS).

"It demonstrates the trust that he has placed in all of his noncommissioned officers, regardless of their military occupational skill, and that Master Sgt. Musnicki, as an Army medic, is ranked as one of the best in USARPAC," Skyers added.

Musnicki took the opportunity as a challenge to make the event successful for the U.S. Army and his Singapore Armed Forces counterparts, and to set the bar high for his peers who attend the course in the future.

Known for his cheerful attitude, lightheartedness and tremendous work ethic, Musnicki introduced the 80 Singapore participants to Army cadence calling during physical training runs.

He also noted that the service's structure is similar to that of our Army's.

"There is a big, diverse ethnic background mix, and they all come together and forget their differences to become one," said Musnicki. 'There are no racial tensions, no religious tensions, no gender differences, and I really felt at home there."

The course took participants through presentations on topics like armored vehicles, unmanned aerial reconnaissance, guided ordnance and unmanned ground vehicles. It also highlighted the Singapore Armed Forces' air force and navy to build relationships, as well.

"Wherever I go in the Pacific, it is a constant chime, 'We would like to have an NCO Corps like the U.S. Army,' and having one of our best and brightest noncommissioned officers attend this Joint Advanced Leaders Course does just that," Leota said.

"Having Master Sgt. Musnicki be the first U.S. Army noncommissioned officer from the United States Army-Pacific attend the Joint Advanced Leaders Course in Singapore not only shows that we are great partners, but it also exposes our professional noncommissioned officers to other armies throughout the Pacific," Leota added.



APRIL 19, 2013 | **A-5**

Master Sgt. James Musnicki (front), a combat medic assigned to the lead medical theater enabling command for 18th MEDCOM (DS), USARPAC, leads Singapore Armed Forces personnel during physical training at the Singapore Armed Forces Joint Advanced Leaders Course, March 11-28. (Photo courtesy U.S.



CONTINUED FROM A-4

- •All trailers on Ayers Road; Center, Bldg. Youth 9090/91;
- •Child Development Center, Bldg. 9098;
- •Soldier Assistance Center,
- Bldg. 750;
 - •McNair Gate;
 - Stoneman Field; •Pharmacy, Bldg. 695;
 - •Credit Union, Bldg. 699A;
- •SCIF, Bldg. 699; and
- ·Medical clinical transition-

There will be free bags of ice

for residents living in those areas to help keep refrigerated foods cold during the outage. Call 377-4730.

23 / Tuesday

CID Recruitment Briefings – The Army's Criminal Investigation Command is seeking qualified, high-caliber Soldiers for criminal investigation division special agents, 9:30-10:30 a.m., April 23, Bldg. 3026, Schofield Barracks. Call 655-1989 or email jesus.goytia@ us.army.mil.

25 / Thursday

Santos Dumont Closure -Portions of Santos Dumont, between Lauhala and Warhawk Field roads and Lilienthal Road, will be fully closed, 24/7, April

25-May 3, to install an underground electrical conduit, waterline and asphalt restoration. Detour signage will be posted.

Project schedule is subject to change, pending weather delays and unknown underground conditions. Call 656-2420 or 864-7014.

26 / Friday

Military Spouse Career Forum — U.S. Army Garrison-Hawaii and the Army Community Service's Employment Readiness Program sponsor a Military Spouse Career Forum and Career Fair, hosted by local TV personality Bernadette Baraquio of "Living Local," 11: 30 a.m.-2 p.m., April 26, at the Nehelani, Schofield Barracks. Call 655-4788.



HAWAI'I RMY WEEKLY

"When work is finished."

www.hawaiiarmyweekly.com FRIDAY, April 19, 2013

Native Hawaiians developed a sophisticated land management system called an ahupua'a that is still in use today. (Photo courtesy Hawaiian Tourism Authority)



Native Hawaiian Ancient Hawaiians lived Earth Day values Liaison Office

TRISHA KEHAULANI WATSON

Native Hawaiian Liaison, U.S. Army Garrison-Hawaii

The practices of mālama `āina (care for the land) and mālama kai (care for the sea) have become very popular in Hawai`i, but they are part of a larger tradition known as Aloha `Āina -

Love of the land and culture is paramount for Native Hawaiians.

In the 1400s, the high chief of O`ahu, Mā`ilikūkahi, created a management system that allowed all Hawaiians to take part in caring for the land. This system is called the ahupua'a system, and it is still used today.

The ahupua'a system divided lands on all the islands into sustainable watersheds that extended from the top of the mountain ridge out to the reef. The top of the watershed was known as Wao Akua, realms of the Gods, and were not often accessed by people.

People worked and resided primarily in the lowland areas, known as Wao Kanaka, realms of man.

Every family was given land to tend. Families often cared for more than one parcel of land, at least one piece for farming activities and another parcel on which they resided.

All family members had jobs in helping to care for the land and family, from young children to elders. Knowledge was also dutifully passed from one generation to the next, so strong family relationships were essential to the long-term care of the ancestral lands.

All life was valued, so all resources were treated with respect.

Prior to foreign contact, Hawaiians held very strong polytheistic beliefs. Some of these values continue today. Traditional Hawaiians believe that the spirits of the gods reside in natural resources; these are known as kinolau, body

Many traditional stories teach of kinolau, where Hawaiian gods took on other body forms to interact with humans.

Pele, the volcano goddess, is famed for her kinolau, either the body form of a young woman or sometimes a small white dog. Pele is also lava and all volcanic elements.

Conversely, her sister, Poliahu, is the snow goddess, and her kinolau are all snow elements.

Just as Hawaiians had love and respect for the land, so did they have love and respect for the sea, an important part of Hawaiians' lives.

Just as Hawaiians were expert agriculturalists, they were also expert aqauculturalists, developing the Pacific's most sophisticated traditional aquaculture system.

Hawaiians built and operated approximately 500 fishponds across the archipelago for raising fish for community consumption.

While many traditional practices have been lost, Hawaiians' love of the land and culture remains strong.

While the world celebrates Earth Day every April, Hawaiians and those who love Hawai`i celebrate it every day by caring for the unique and beautiful place that is Hawai'i.

Curbside recycling upgraded

ISLAND PALM COMMUNITIES U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — New and improved recycling bins and the ability to recycle a greater variety of materials curbside are coming soon to your neighborhood.

Rolloffs Hawaii, Island Palm Communitie's refuse vendor, has been signed on to handle recycling effective May 1.

Recycling pick-up will take place the same day as residents' regular trash pick-up, but will occur every other week. Log on to www.islandpalmcommunities.com/go/re cycling2013 to view a detailed schedule.

The small blue bins residents currently use will be replaced with one large bin, similar to the trash can. The list of items below all can be placed into the new recycling bin, which means, no more sorting:

- Aluminum cans:
- •Aluminum containers;
- •Bi-metal cans; Cardboard;
- •Glass used for food or drink, but please
- Magazines;
- Newspapers, including glossy pages;
- Office paper;
- Plastics;
- •Steel cans; and
- •Telephone books.

Please do not place plastic bags, bagged materials, shoes, shredded paper (confettitype), Styrofoam or general trash in your recycling bin.

Delivery began on April 15; each household receives one recycling bin.

The small blue bin is recyclable, so place it in the new recycling bin, and it will be collected on your scheduled service date.

Similar to regular trash pick-up, recycling will use the same automated process emptying bins using a truck with a mechani-

Residents with questions about the new recycling program should contact their community center for assistance.

Honolulu City Environmental Support

For more details on how to dispose of household hazardous waste and to find a list of companies that accept hazardous waste, log on to the City & County of Honolulu Department of Environmental Services' website at www.opala.org.

The City & County of Honolulu also accepts bulk items. For locations on Oahu and a list of bulk items accepted, log on at www.opala.org.



Items such as mattresses, appliances, disassembled entertainment centers and discarded appliances can be placed by dumpsters, like this one by Bldg. 2071, Schofield Barracks, for bulk pick-up at Island Palm Communities. (Photo courtesy Directorate of Public Works, U.S. Army Garrison-Hawaii)

Continuing growth blossoms into a monthlong celebration

U.S. Army Garrison-Hawaii will be hosting numerous events for its second annual Earth

Month celebration. What began as a single day has evolved into a monthlong celebration with a wide variety of events for Soldiers and families to en-

joy throughout the island of Oahu.

Earth Month happenings include the following:

•April 19, 8:30 a.m. - 5 p.m. Volunteer trip to Makaha. Volunteers help control invasive weeds in the native forest at Makaha. Hike duration is three hours round trip with steep elevation gains. Call 656-7741.

•April 19 and 30, 8 a.m.-5 p.m. Kahanahaiki, Makua Military Reservation and Makaha Valley, Oahu. Volunteer service trips to clean out invasive weeds along a moderately challenging trail. Hike will include a detour to view Makua Valley and leeward coast.

Volunteer application must be received at Oahu Army Natural Resource Program at least two weeks prior to the event. Minimum age 14. Call 656-7741.

•April 22, 8:30 a.m. - 5 p.m. Joint Natural and Cultural Resources volunteer trip for Soldiers to Kahuku. Training area Soldiers will volunteer with Oahu Army Natural and Cultural Resource programs in Kahuku to support endangered plants and archeological sites. Will drive to worksites and hike a short way (15-minute max) to project sites.

Call 656-7741. •April 22, 10:30, 11 and 11:30 a.m. Tour Hale Kula Elementary School on Schofield Barracks. Learn about the school's Sustainable Outdoor Classroom through student-led tours of the working garden, rainwater harvesting system and native plant gar-

•April 24, 1-4 p.m. IPC and DPW Environmental Division team up on Earth Day, April

dens. Call 656-3086.

24, at the Kalakaua Community Center on Schofield Barracks for a fun-filled family event.

•April 27, 8-10:30 a.m. U.S. Army Corps of Engineers is hosting a beach cleanup. Volunteers will meet at the Pacific Regional Visitor Center (438-2815) at Fort DeRussy near Waikiki.

•April 27, 10 a.m.-2 p.m. Fort Shafter Flats Parade Field's Earth Day Festival hosted by the 9th Mission Support Command and 9th Theater Support Group's Environmental Division, 438-1600, ext. 3307.

•April 30, 8:30 a.m. - 5 p.m. Public volunteer trip to Kahanahaiki. Volunteers help control invasive weeds in the native forest at Kahanahaiki in Makua. Hike duration is two hours round trip. Call 656-7741.

Additional information and sign-up sheets for various activities can be found at the USAG-HI DPW Environmental Division's Web page: www.garrison.hawaii.army. mil/sustainability/Environmental.aspx.



worship Services

Additional religious services, children's programs, educational services and contact informa-

www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

> Aliamanu Chapel Fort DeRussy Chapel Helemano Chapel

Main Post Chapel, Schofield Barracks

Pearl Harbor

TAMC: Tripler Army

Chapel

•First Sunday, 1 p.m. at FD

•Thursday, 9 a.m. at AMR

-11 a.m. at TAMC

MPC and 12 p.m.TAMC

•Sunday, noon. at MPC

•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

•Friday, 2:30 p.m., TAMC

•Friday, 1 p.m. at MPC Annex

•Saturday and Sunday, 5:30 a.m.;

6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

•Friday, 7 p.m. at MPC Annex

-9 a.m., at FD, WAAF, and

•Friday, 7:30 p.m. at PH

Protestant Worship

-8:45 a.m. at MPC

Sunday Services

TAMC chapels

Pagan (Wicca)

Room 232

Gospel Worship

•Saturday, 5 p.m. at TAMC,

-10:30 a.m. at MPC Annex

•Monday-Friday, 11:45 a.m. at

•Fourth Sunday, 1 p.m. at MPC

Buddhist Services

Catholic Mass

Sunday services: - 8:30 a.m. at AMR

WAAF

Soldiers' Chapel,

Schofield Barracks

Medical Center Chapel WAAF: Wheeler Army Airfield

Aloha Jewish Chapel,

tion can be found at

HMR:

PH:



Briefs Today

Softball Registration — Sign up now through entry deadline of April 19 for Army Hawaii men's and women's intramural softball at FS Takata Field and SB Stoneman Complex. League runs May 6-Aug. 30. Call 655-

Swim Lessons — Tripler and Helemano pools offer water exercise and private swim lessons. Call Tripler at 433-5257 or HMR at 653-0716 for dates and times.

20 / Saturday

Parent-Child Ball — Child, Youth and School Services will hold a parent-child ball, 5:30-9 p.m., April 20, at the SB Nehelani. Price for children 6-11 years, \$13; 12 and older, \$15. Dress code is formal attire.

Tickets available at the CYSS School Age centers at Fort Shafter, Aliamanu, Schofield or the Nehelani. Call 656-0137.

National Library Week — Receive a free book bag at FS Library during National Library Week, which ends April 20, while supplies last. Call 439-9521.

22 / Monday

Mongolian Barbecue — Dinner is served starting at 5 p.m., Mondays, at SB Kolekole Bar and Grill (655-4466) and Thursdays at FS Mulligan's Bar and Grill (438-1974). Cost is 65 cents per ounce.

23 / Tuesday

Investment Workshop — Learn about investing, 6 p.m., Sgt. Yano Library, SB, with Morningstar Investment Research Center, an online stock and mutual fund resource available through AKO and Army libraries. Preregister at 655-8002.

24 / Wednesday

Administrative Professional's Day Lunch Buffet — SB Nehelani (655-4466) and FS Hale Ikena (438-1974) will offer a special luncheon in recognition of support help. Reservations suggested.

New Drawing Classes — Learn basic cartoon drawing at the SB Arts and Crafts Center, with creativity and confidence, by taking the mystery out of drawings.

Wednesday sessions follow: •Adult class, 10 a.m.-12 p.m., \$35.



Volunteers from 3rd Brigade Combat Team, 25th Infantry Division, have their picture taken at the end of a volunteer recognition ceremony, April 2, to honor their countless efforts in support of the Bronco Brigade.

3rd BCT Broncos honor efforts from outstanding volunteers

Story and photo by SGT. BRIAN C. ERICKSON

3rd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS — Volunteers were recognized for providing their selfless service to the "Bronco" Brigade community during a Volunteer Recogni-

tion Ceremony, here, April 2. "Volunteers are so important to a unit because of the transient nature of our Army," said Col. Brian Eifler, commander of 3rd Brigade Combat Team, 25th Infantry Division.

The volunteers were recognized for going the extra mile in extending their volunteer partnership both inside and outside the installation's gates.

"The countless efforts made by our volunteers are done with a servant's heart, without searching for accolades," said Eifler.

The first award, the Military Spouse Tropic Lighting "Ali'I" award, was presented to seven awardees. This award is presented for service primarily in the unit's

family readiness group.

"I appreciate the recognition," said Michelle Webb, 2nd Battalion, 35th Infantry Regiment FRG leader. "Much of what I do is facilitated by other vol-

The second award, the Volunteer Ambassador Award, was presented to five individuals for their service to the FRG and community service agencies.

The third and final award, the Yellow Ribbon Award, was presented to six volunteers for their service and dedication to Soldiers and family members.

After all the certificates were presented, the brigade commander thanked all awardees for their service to the Bronco community. He also re-emphasized the important role that volunteers play in helping to make a strong community partnership.

"We are proud of all our volunteers that make a tremendous impact on our families and the Bronco Brigade," said Eifler. "Thanks for all you do, serving country and community. We could not be successful without you."

25 / Thursday

NFL Draft — Watch big screen TV as this year's top college prospects are chosen for the NFL, April 25-27, at the Tropics Warrior Zone. Call 655-5698.

Tropics Poker Tournament — Texas Hold'em poker, 6 p.m., at Tropics Warrior Zone, SB, every Thursday. The free weekly tournament is open to all ID cardholders, 18 and older. Call 655-5698.

26 / Friday

Golf Scramble — Celebrate pay day the golf way. Play in the US-ARPAC Pay Day scramble every last Friday of the month at FS Nagorski Golf Course. Call 438-9587 for information and registration or email Donald.k.birdseye.civ@mail.mil.

Hawaiian Luau Lunch Buffet - Enjoy delicious local style food every last Friday of the month at SB Kolekole Bar & Grill (655-4466) and at FS Mulligan's Bar & Grill (438-1974).

Friday Night Fever — Enjoy a \$5 special for Cosmic Bowling at Wheeler Bowling Center. Includes three games and one shoe rental, 5-10 p.m. Call 656-1745.

Country Night — Tropics Warrior Zone, beginning at 9 p.m., offers country music and fun, including mechanical bull riding. Open to 18 and over. Call 655-5698.

29 / Monday

Sand Volleyball — Join weekly competition on Mondays; game starts at 6 p.m., SB Tropics Warrior Zone.

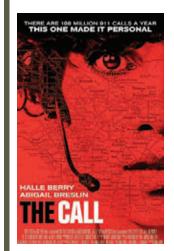
-10:45 a.m. at WAAF (Spanish language) •Lutheran/Episcopalian

-10 a.m. at HMR -10:30 a.m. at AMR

•Contemporary Service -11 a.m. at Soldiers Chapel

Call 624-2585 for movie listings or go to aafes.com under reeltime movie listing.

Sgt. Smith Theater



The Call

(R) Fri., April 19, 6 p.m. Sat., April 20, 6 p.m. Thurs., April 25, 6 p.m.



The Incredible

(PG-13) Sat., April 20, 2 p.m.

No shows on Mondays or Tuesdays.

community Calendar

Send announcements a week prior to publication to community@ hawaiiarmyweekly.com.

Today

Fort Shafter PX-Mart — Gas pumps will be closed through April 24 during the installation of new gas pumps. The retail store will be open from 7 a.m.-8 p.m. Aliamanu Express, Joint Base

Pearl Harbor Hickam's Kuntz Express and Car Care Center will remain open for the purchase of gas and retail merchandise during this FS closure.

Operation Megaphone — Registration deadline is April 19 for the all services teen program designed to connect all military youth interactively for one 24-hour period.

Youth will be connected with youth from all military branches from 10 countries around the world. Event is scheduled April 26-27 at the Bennett Youth Center.

Calendar abbreviations

Limited slots available; call 655-

•Teen class, 2-3 p.m., \$25.

tion required. Call 655-4202.

Call 656-1745.

All supplies included; preregistra-

Teen Wednesdays — Cosmic

Bowling for teens for \$2 at Wheeler Bowling Center, WAAF, 2-4 p.m. Free

shoes with a two-game minimum.

BOSS Meetings — Single Sol-

diers and geographic bachelors are

invited to Better Opportunities for

Wednesday to discuss community

service projects and fun upcoming

•South meetings, 10 a.m., 2nd and

•North meetings, 3 p.m., every 1st

and 3rd Wednesday, Tropics Warrior

Single Soldiers meetings every

4th Wednesdays, AMR Chapel.

programs. Call 655-1130.

WAAF Lane Closure — One lane of Lauhala Road will be closed, 8 a.m.-4:30 p.m., April 19-May 1, for installation of underground electrical conduit, waterline and asphalt restoration for the Combat Aviation Brigade Infrastructure.

Two-way traffic will be restored after work hours. DPW project manager is Bill Fitzgerald, 656-2420.

Hawaii Jr. Prep Football —

The Schofield Football Association is conducting registration every Friday-Sunday at the Schofield PX for grades 4-8. Registration fees include all equipment. Call 253-230-6590 or write Schofield.Patriots@ yahoo.com.

Tax Center — All Army, Reserve, Guard, family members and retirees are eligible for free tax service assistance. Tax centers will take late filers at SB and FS through April 23.

Call 655-1040 or visit www.facebo ok.com/hawaiiarmytaxcenters/info.

20 / Saturday **Bishop Museum** — Grow

Hawaiian Festival celebrates Earth Month, 9 a.m.-3 p.m., April 20. Admission fee is \$14.95-\$19.95; 3 and under are free. Live music, hula performances, food, makahiki games and Hawaiian crafts with full museum access throughout the day.

21 / Sunday

Shakespeare Auditions — The Hawaii Shakespeare Festival will hold four days of open auditions beginning 1-4 p.m., April 21, Paliko Theatre, Windward Community Col-

Auditions continue for the 12th annual festival April 22-23 and 27. Visit HawaiiShakes.org or call 256-

24 / Wednesday

Earth Day Festival — Island Palm Communities and dozens of community organizations hold the 6th annual festival 1-4 p.m., Kalakaua Community Center, SB. Features interactive exhibits and live entertainment. Visit www.IslandPalm Communities.com/Earth Day2013.

26 / Friday

Career Fair — Army Community Service will host a military spouse career forum as part of the career fair, 11:30 a.m.-2 p.m., April 26, SB Nehelani. Call the ACS Employment Readiness Program, 655-4489.

AMR Lane Closure — Portions of Aliamanu Drive between Okamura Road and west of Ama Drive, and the intersection of Skyview Loop and Bunker Access Road, will be partially closed, 7 a.m.-4 p.m., through April 26, for installation of a new eight-inch waterline.

There will be one-way traffic at all times and two-way traffic during nonwork hours.

The project schedule is subject to change, pending weather delays. Project manager is Tammy Luke, 835-4078.

27 / Saturday

FS Earth Day Festival — Annual FS festival runs 10 a.m.-2 p.m., Fort Shafter Flats. Features interactive exhibits and live entertainment. Visit www.IslandPalmCommunities. com/EarthDay2013.

Trimble Road Partial Closure — One lane of Trimble Road will be cordoned off, while initiating twoway traffic on the opposite side, 9-11 a.m., April 27, during the 225th Brigade Support Battalion's Fun Run/Walk, to raise awareness about sexual assault. Call 655-3818.

ASYMCA: Armed Services YMCA 8th TSC: 8th Theater Sustainment

Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military Reservation

BCT: Brigade Combat Team BSB: Brigade Support Battalion Co.: Company CYSS: Child, Youth and School Services EFMP: Exceptional Family Member Program

FMWR: Family and Morale, Welfare and

FRG: Family Readiness Group FS: Fort Shafter HMR: Helemano Military Reservation IPC: Island Palm Communities

PFC: Physical Fitness Center

SB: Schofield Barracks

Recreation

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills TAMC: Tripler Army Medical Center USAG-HI: U.S. Army Garrison-

Hawaii USARPAC: U.S. Army-Pacific WAAF: Wheeler Army Airfield

Burt Wonderstone

Sun., April 21, 2 p.m. Wed., April 24, 6 p.m.



More than 800 Junior Reserve Officer Training Corps cadets representing 26 Hawaii schools pass and render honors to Hawaii Gov. Neil Abercrombie (standing in vehicle, right) and Brig. Gen. Janice Haigler (standing in vehicle, center), deputy commander, 311th Signal Command (Theater), during the 31st annual Governor's JROTC Ceremony and Review, held on Palm Circle, April 11.



High school Junior Reserve Officer Training Corps cadets stand at attendtion during the 31st annual Governor's JROTC Ceremony and Review at Palm Circle.

Hawaii cadets honored at JROTC Governor's review

Story and photos by CRISTA MARY MACK 311th Signal Command (Theater)

FORT SHAFTER — Hawaii's top Junior Reserve Officer Training Corps cadets were honored during the 31st annual Governor's JROTC Awards Ceremony and Review, here, at historic Palm Circle, April 11.

More than 800 cadets representing 26 schools participated in the event, which was hosted by Brig. Gen. Janice Haigler, deputy commanding general, 311th Signal Command (Theater), and Hawaii Governor Neil Aber-

Haigler and Abercrombie were joined on the field by Dr. Raymond Jardine, the Kina'ole Foundation chairman, and the three presented 26 cadets, one from each high school, with the Kina`ole award and an engraved poi bowl.

Kina' ole is a Hawaiian term defining a concept of flawlessness, or more specifically, doing the right thing in the right way, at the right time, in the right place, to the right person, for the right reason, with the right feeling — for the first time.

"Pono means doing things the correct way," said Abercrombie. "Kina' ole, I think, takes that concept a bit further. The ROTC after all is the oldest character and education and citizenship development program taught in American high schools today."

The JROTC program began 100 years ago with only six units and today has grown to more than 3,200 units strong. Hawaii's JROTC program, managed by the Hawaii Department of Education, consists of 17 Army, four Air Force, four Navy and one Marine Corps unit.

Following the awards, the McKinley High School Rifle Team exhibited its advanced drill and ceremony skills. Haigler and Abercrombie then conducted an inspection of troops, the field of cadets presented the colors, Haigler gave a speech and the ceremony concluded with a pass and review.

For the past four years, the 311th Signal Command has been the executive agent for the event. The 311th is the designated Signal command for the Army Service Component commands within the Pacific theater. Soldiers of the 311th set up the field, and JROTC instructors provide guidance, but the JROTC cadets lead the ceremony itself.

'We as instructors do the coordination for this event, and act as advisors, but when it comes to the operations, it's all the cadets ... they do all the work," said retired Army Lt. Col. Les Bise, assistant director of Army Instructions, Department of Education. "It then goes back to self-esteem, their experience in leadership, application of things they learned in class at the ceremony, so the Governor's ceremony represents the entire year and recognizes all 26 programs."

Cadets on the field were grateful to have had the experience.

"Shaking hands with the governor was a great honor," said Cadet Lt. Col. Eric Arzaga, a senior at Farrington High School and Kina'ole Award recipient. "Being out here really strengthened our discipline, especially the physical discipline of having to be at the position of attention for such a long period of time and yet keep our military bearing."

Haigler shared specific advice for the cadets. "During your time at Jr. ROTC, you have ex"Pono means doing things the correct way,"

- Honolulu Gov. Neil Abercrombie

perienced what it is to be a part of something bigger than yourself, and I hope that it has changed you for the better in some way," she said. "Continue that change and use your creativity to see the world from a broader perspective. Expand your cultural awareness. Celebrate diversity. Be willing to take the risk of stepping outside of your comfort zone."

She continued, "Trust in your values and the tools that Jr. ROTC has given you, because the blend of your experience and your education will enable you to do the tough jobs well. Carry that Kina' ole forward. And finally, on your way towards saving the world, don't forget to take care of yourself and your families."

B-4 | APRIL 19, 2013 HAWAII ARMY WEEKLY HEAL

National Prescription 'Take-Back Day' is April 27

CHANEL WEAVER

U.S. Army Public Health Command Public Affairs

ABERDEN PROVING GOUNDS, Md. — National Prescription Drug Take-Back Day will be observed locally and nationwide, April 27.

Sponsored by the Drug Enforcement Administration, the day is specifically set aside to allow an opportunity to empty medicine cabinets, kitchen drawers, purses and pillboxes of unwanted, unused and expired prescription drugs, and then to take them to authorized collection sites in local communi-



ters for Disease Control and Prevention.
"Drugs now kill more people than motor vehicle accidents in the U.S.," said Maj. Clifton

Resources

Get more details on National Prescription Drug Take-Back Day or locate a collection center:

•Drug Enforcement Administration, www.deadiversion.usdoj.gov/drug_disposal /takeback/index.html.

•Food and Drug Administration, www.fda.gov/downloads/Drugs/Resources ForYou/Consumers/BuyingUsingMedicine Safely/UnderstandingOver-the-Counter Medicines/ucm107163.pdf. Dabbs, a physician and epidemiologist at the U.S. Army Public Health Command.

Prescription drug use has increased over the

years in the military. About 17 percent of military personnel reported misusing prescription drugs, including stimulants (other than methamphetamine), tranquilizers/muscle relaxers, sedatives/barbiturates, pain

> relievers, anabolic steroids and erectile dysfunction drugs, according to the 2008 Department of Defense Survey of Health-Related Behaviors.

As in the civilian population, pain re-

lievers were the most commonly misused/abused type of prescription drug across the military services, and in the Army specifically.

According to the 2011 Substance Abuse and Mental Health Services Administration's National Survey on Drug Use and Health, more than 70 percent of people abusing prescription pain relievers got them through friends or relatives, a statistic that includes raiding the family medicine cabinet.

Dabbs said that the abuse of opiates is becoming more prevalent across the Army.

"Our surveillance shows that there is a rapid increase in the numbers of Soldiers being diagnosed with opiate dependence or abuse since 2005," said Dabbs.

Opiate drugs are narcotic sedatives that depress activity of the central nervous system, reduce pain and induce sleep. When misused, opiates can become deadly.

"Opiates act centrally on the nervous sys-

tem and can actually suppress your ability to breathe," said Dabbs.

For personnel who are unable to visit an authorized collection site, the Food and Drug Administration recommends disposing of prescription medication by taking the medication out of its original container and mixing with kitty litter or used coffee grounds, then double bagging the item, and putting it out with the trash.

"In the interests of both health and safety,

it's best to rid homes and barracks of unneeded prescriptions," Dabbs said.

"Disposing of old prescriptions through the take-back program removes the risk of misuse and precludes accidental overdose by children or pets"

Past Prescription Drug Take Back-Days have been very successful, according to the DEA. Sept. 29, 2012, more than 488,000 pounds of unwanted or expired medications were collected at 5,263 take-back sites.

NTBI Oahu Locations

Turn in unused or expired medication for safe, anonymous disposal, 10 a.m.-2 p.m., Saturday, April 27, at the following locations:

•Schofield Barracks' AAFES Post Exchange, inside near flower shop.

•Pearl Harbor Navy Exchange, main lobby, 4725 Bouganville Dr.

•Marine Corps Exchange, in front of MCX, Kaneohe Bay.

•Honolulu's Hawaii State Capitol, 415 South Beretania St.

•Kahala Mall, Kilauea Avenue end, inside mall, 4211 Waialae Ave.

•Mililani Town Center, bandstand area,

95-1249 Meheula Pkwy.
•Kapolei Police Station, 1100 Kamokila

Blvd.

For more details, call 541-1930, or visit www.dea.gov.